



Turkey Breast with Honey Balsamic Roasted Vegetables

Preparation Time: 20 minutes

Approximate Roasting Time: 2hrs 15min.

Amount/Measure Ingredient/Preparation Method

1 Fresh or thawed Breast Turkey (5 to 6 pounds)

Olive oil

5 Large carrots – cut into sticks

3 Large celery stalks – cut 1-inch thick

2 Large rutabagas – cut 1-inch thick

3 Large onions – cut into halves and sliced thick

¼ Cup honey

¼ Cup balsamic vinegar

1 Teaspoon lemon pepper seasoning

1 Teaspoon paprika

Heat oven to 325°F. Place breast, skin side up, in shallow open pan (excluding flat rack), and brush lightly with oil. Roast 1-1/4 hours. Remove from oven; place carrots, celery, rutabagas and onions around turkey in pan. Continue roasting for another 30 minutes.

Meanwhile, stir together honey, vinegar, lemon pepper and paprika. Remove turkey from oven; brush turkey with honey mixture and drizzle the remaining honey mixture over the vegetables. Continue roasting for 30 minutes more or until breast reaches an internal temperature of 170°F. Halfway through the last 30 minutes, stir vegetables to glaze with pan juices.

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When breast is done, let stand 10 minutes before carving. Remove vegetables from pan with slotted spoon; keep warm and serve alongside the turkey. Pan juices may be spooned over the sliced meat and/or served in a small dish or pitcher.

Makes 6 to 8 servings turkey, 3 cups roasted vegetables.

Per Serving (excluding unknown items): 320 Calories; 2g Fat (4.9% calories from fat); 57g Protein; 17g Carbohydrate; 3g Dietary Fiber; 141mg Cholesterol; 175mg Sodium. Exchanges: 0 Grain (Starch); 7 Lean Meat; 1 1/2 Vegetables; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Source:

"The Butterball Turkey Company"

"<http://www.butterball.com/>"

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